

# Lifelong Balance

» Positive Thinking & Action



**Welcome to class! We will begin shortly!**



POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER



# Mindfulness Coaching

Find balance amidst the chaos of life and meet with a mindfulness coach.

## **Virtual one-on-one sessions can help you:**

- Manage stress with guided mindfulness and relaxation
- Learn self-care techniques tailored to you
- Create a self-care plan that fits your lifestyle
- Feel supported in a non-judgmental space
- Stay accountable to your wellness goals

**Call 858-616-5514 today!**

[positivechoice.org/mindfulness-coaching](https://positivechoice.org/mindfulness-coaching)



Scan QR code  
to learn more

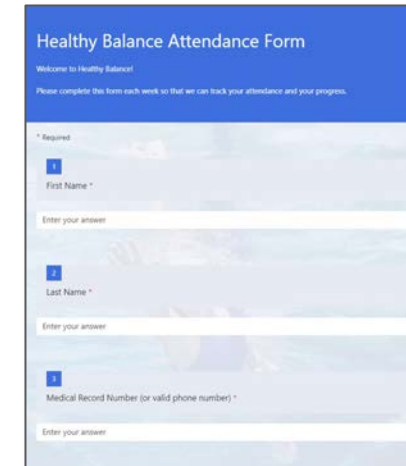
# Lifelong Balance

## Positive Thinking & Action

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### Discussion/Reflection Question:

How can the way you think affect your health?



The image shows a screenshot of a digital form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message: "Welcome to Healthy Balance! Please complete this form each week so that we can track your attendance and your progress." Below the header, there are three input fields, each with a blue square icon containing a white number (1, 2, and 3) and an asterisk indicating they are required. The first field is labeled "First Name \*", the second is "Last Name \*", and the third is "Medical Record Number (or valid phone number) \*". Each field has a white input area with the text "Enter your answer" below it.

Have you filled out the attendance form?

# Lifelong Balance Member Resources

- All your guides, logs, and tools are available on the **Lifelong Balance Resources** page



Scan QR code or visit:  
[positivechoice.org/Lifelong-Balance](https://positivechoice.org/Lifelong-Balance)

A screenshot of the website page for Lifelong Balance Resources. The page features a navigation bar with links for CONTACT, CALENDAR, and SEARCH. Below the navigation bar, there are links for Our Services, Español, About Us, KP Members, and News. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". There are two main sections: "How to Enroll" and "Program Materials". The "How to Enroll" section provides contact information and cost details. The "Program Materials" section lists links for the Lifelong Balance Syllabus and Healthy Balance Workshop Guide. A descriptive paragraph explains the program's benefits and session structure.

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thrive  
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## Lifelong Balance Resources

### How to Enroll

Phone:  
(858) 616-5600

Cost:  
No-cost for KP members and \$160 for 16-week program for non-members (must have taken Healthy Balance prior to enrollment)

Ready to take the next step in your wellness journey? Lifelong Balance helps you reinforce healthy habits, break free from what's holding you back, and stay current on the latest nutrition and movement practices. Weekly 60-minute virtual sessions include guided movement, engaging discussions, and connection with fellow graduates.

### Program Materials

[Lifelong Balance Syllabus](#)

[Healthy Balance Workshop Guide](#)

# Syllabus

- Use our syllabus to track your classes and weeks attended



Scan the QR for the syllabus  
or visit:  
[positivechoice.org/LLBsyllabus](https://positivechoice.org/LLBsyllabus)

## Lifelong Balance Syllabus



### Class Information

Day: \_\_\_\_\_

Time: \_\_\_\_\_

Department Phone: 858-616-5600

### Instructor Information

Name: \_\_\_\_\_

Desk Phone: \_\_\_\_\_

Or message via KP.org

### Date

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### Topics

1. Active Versus Sedentary Lifestyle

2. Time to Eat

3. Muscle Training

4. Routines

5. Nurturing Your Gut

6. Metabolism

7. Habits and Personal Why

8. Weight Plateaus

9. Food Quality and Cravings

10. Positive Thinking and Action

11. Sugar and Your Health

12. Taking Care of Your Heart

13. SELF Through the Ages

14. Movement Options

15. Food Prep for Lifelong Health

16. Mindful Resilience

# Mindful Movement

## SCAPULA CAR (Controlled Articular Rotation)

Let's practice!



# Check-In/Reflection

**What has worked well for  
you since last week?**

*Weekly Goal*



# Breakout Rooms



Breakout Room

- Chat to let your instructor know you are here. Otherwise, relax for a moments and we will be back soon!

**What brought you to  
class today?**

# Today's Discussion

# Positive Thinking & Action

# Today's Discussion

1

Recognize  
importance  
of thoughts

2

Understand  
self-talk

3

Practice  
gratitude

What do you want to spend the  
most time talking about today?



# What is Stress

- Stress is your reaction to a perceived challenge, demand, or threat
- It often feels like physical or mental tension

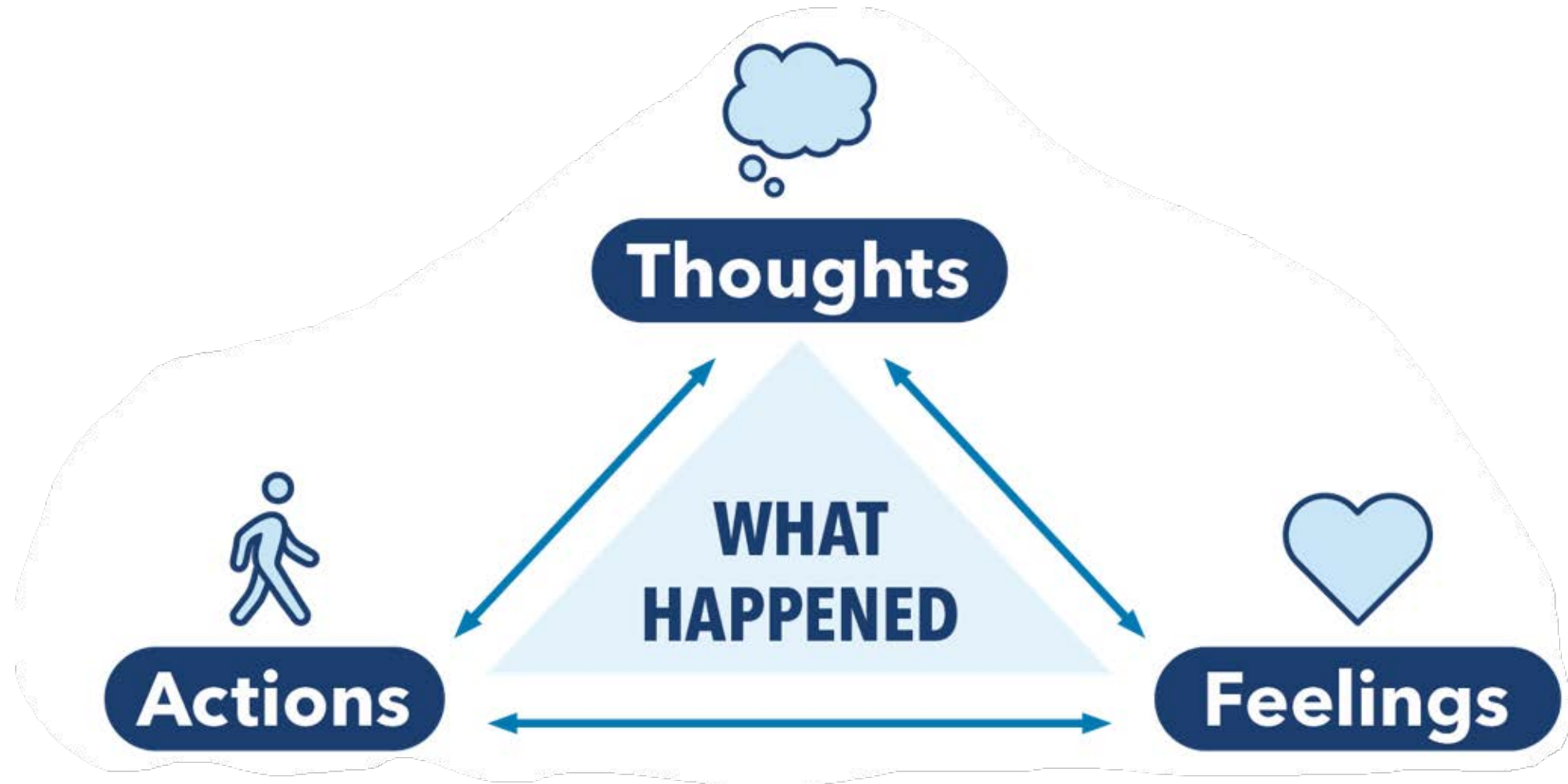


# Negativity Bias

- Stressful thoughts can cause negative thinking or negativity bias
- Negative experiences stick more easily in the brain, while positive ones often slide out



# Thoughts-Feelings-Actions Triangle



# Importance of Self-Talk

- Self-talk = your inner dialogue
  - How you speak to yourself about you, others, and the world
- Patterns of thought shape beliefs and experiences
- Brain scans show chronic negative self-talk can shrink brain structures important for:
  - Mood
  - Motivation
  - Relationships



# Managing Stressful Thoughts

*Stressful thoughts are:*

- *Normal*
- *Observed in all people*
- *A bridge to success*
- *Helpful to overcome problems*



***"Stress is not always harmful." - Kelly McGonigal***

# The Placebo Effect

- The placebo effect happens when you experience real benefits from something that has no active medical ingredient
- **Your belief and expectation trigger positive changes in your body**
- Research shows it can influence pain, mood, energy, and even stress response



# The Power of Mindset

- Your mindset shapes how stress affects you
- When you shift perspective, your body responds positively

## Ideas for Practice

- cultivate a positive stress mindset
- view stress not as a threat
- see stress as a sign that your body is preparing to meet a challenge

**This mindset shift has a positive placebo-like effect on your body**


# Shift From Self-Criticism to Self-Compassion

- If criticism hasn't helped you grow... try self-approval instead
- Self-compassion motivates more than self-criticism

**What if you tried supporting yourself instead of criticizing yourself?**



# Mindfulness Helps You Notice Your Thoughts



"If I don't exercise every day, my health will suffer"

"I'm going to slip up and ruin everything"

"What if I struggle to maintain a healthy weight?"

**If you notice negative thoughts, label them as "just thoughts"**



# Leaves on a Stream

**"Nothing can bring you  
peace but yourself."**  
*- Ralph Waldo Emerson*

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# Reframe Your Thoughts

"If I don't exercise every day, my health will suffer"



"Being flexible is part of my health plan"

"What if I struggle to maintain a healthy weight?"



"I sometimes make mistakes, but I also have many successes"

"I'm going to slip up and ruin everything"



"I'm working towards a healthy lifestyle"

# Eating Healthier: Reframing Thoughts

**How could we  
reframe this into a  
more supportive  
thought?**

My nutrition  
plan is too  
restrictive!



# Alternative Positive Thought



I'm finding new ways to enjoy healthy foods!

**Feeling:** Inspired and hopeful

**Action:** Create and eat a healthy meal

**Result:** Feeling accomplished

(Could be another thought, feeling, action, and/or body sensation)

# How Self Talk Changes the Brain

- Negative self-talk can weaken brain regions linked to mood, motivation, and connection
- Positive self-talk helps these areas recover and strengthen
- Small daily shifts in thinking = real brain changes over time





# THRIVE Break

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# Movements of Daily Activity

## Specific Muscle Function Exercises for Daily Activities

**Squat**

- Getting out of bed
- Getting out of a chair or off a couch
- Getting in and out of a car

**Lunge**

- Going up and down stairs
- Walking your dog
- Walking

**Push/Pull**

- Opening heavy doors
- Lifting a bag of groceries
- Gardening
- Putting a travel bag in an overhead compartment

**All**

- Playing with your kids or grandkids
- Other...

# Thrive Break

## *Seated or Standing Crunch*

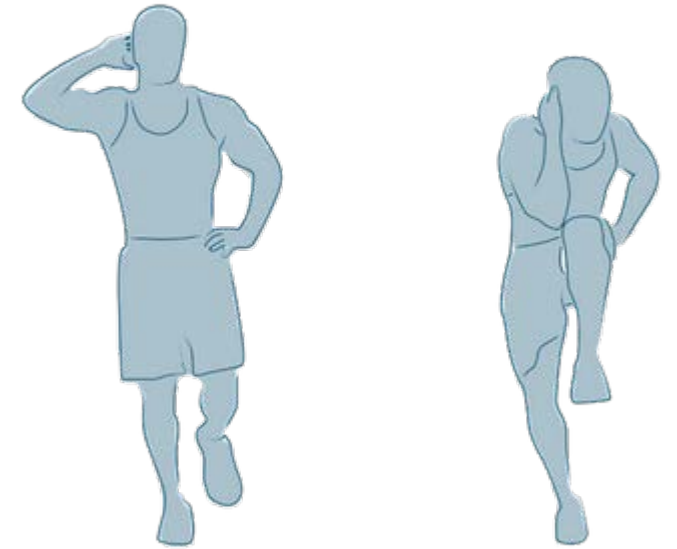
**Step 1:** Stand with your feet about hip width distance apart

**Step 2:** Bring your hands or hand to the back of your head

**Step 3:** Lift one foot off the floor, bring your knee up as high as possible

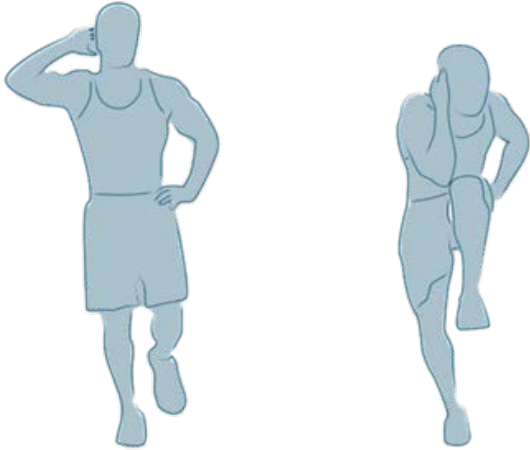
**Step 4:** Keep your hands or hand behind your head as you reach the opposite elbow towards your knee, bend down as you do so

**Step 5:** Tap your elbow to knee and then repeat with the other side



# Learn Proper Form and Progress

## Seated or Standing Crunch



Learn the technique,  
then start adding height

See a personal trainer for  
exercises specific to your needs

**Positive Choice: 858-616-5514**

| Beginner   | Intermediate  | Advanced   |
|--|---|--|
| <p><i>Seated or Standing Crunch</i><br/>Tap elbow to opposite knee</p> | <p><i>Bicycle Crunch</i><br/>Lay down, legs to tabletop, opposite knee to elbow</p> | <p><i>Reverse Crunch</i><br/>Lay down, legs to 90 degrees, lift hips off floor</p> |
| 10 Crunches  | 10 Crunches   | 10 Crunches  |
| Rest   | Rest  | Rest   |
| 10 Crunches  | 10 Crunches   | 10 Crunches  |
| Rest   | Rest  | Rest   |
| 10 Crunches  | 10 Crunches   | 10 Crunches  |
| Rest   | Rest  | Rest   |

# Positive Thoughts/Affirmations

## These build:

- Confidence to keep going
- Empowerment to make different choices
- Enthusiasm for healthy changes



# Affirmation Examples

"I am stronger than I think."

"I am capable of making positive changes."

"I am in the process of being the best version of myself."

"I give myself permission to grow and improve."

# Gratitude and Happiness

- Focus on what's going well
- Gratitude increases brain chemicals that regulate mood and boost happiness
- Thankfulness strengthens positive thoughts and resilience



# What are you grateful for?

- **Health**
- **Family**
- **Friends**
- **Career**
- **Growth**
- **Spirituality**
- **Other?**



*Share one thing you are grateful for today*

# Gratitude Journal Challenge

Write down 1-5 things  
you are grateful for  
each day this week

***See how you feel...***





# Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7, at no cost to Kaiser Permanente members.



**Calm** is the number one app for sleep, meditation, and relaxation\*



**Headspace Care** (formerly called Ginger) provides 1-on-1 emotional support coaching by text and self-care activities

\*Calm is the number one app for sleep, meditation, and relaxation. Learn more at [calm.com/blog/about](https://calm.com/blog/about).



Visit [kp.org/selfcareapps](https://kp.org/selfcareapps) to get started

# This Week

Choose a weekly goal, or make up your own:



Practice mindfulness strategies



Increase activity



Keep a gratitude journal



Other

# Action Plan

## Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

What first step would you like to take this week?

*Weekly Goal*

# Action Plan

## Make it SMART



Specific



Measurable



Action-  
Oriented



Realistic



Timely

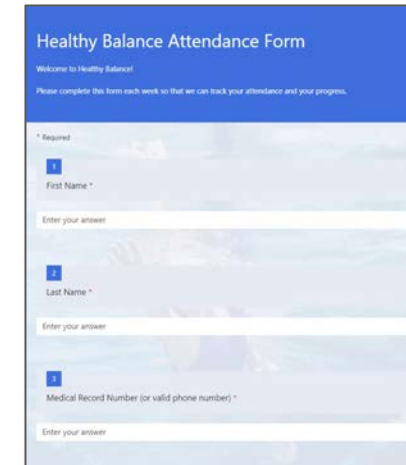
I will do one, 20 second interval session this week.

## Lifelong Balance

### » Sugar & Your Health

#### Discussion/Reflection Question:

In what ways does sugar make healthy eating easier or harder for you?



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Have you filled out the attendance form?

# Lifelong Balance



**Your feedback matters—and it's completely anonymous.**

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

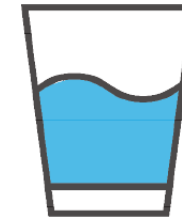
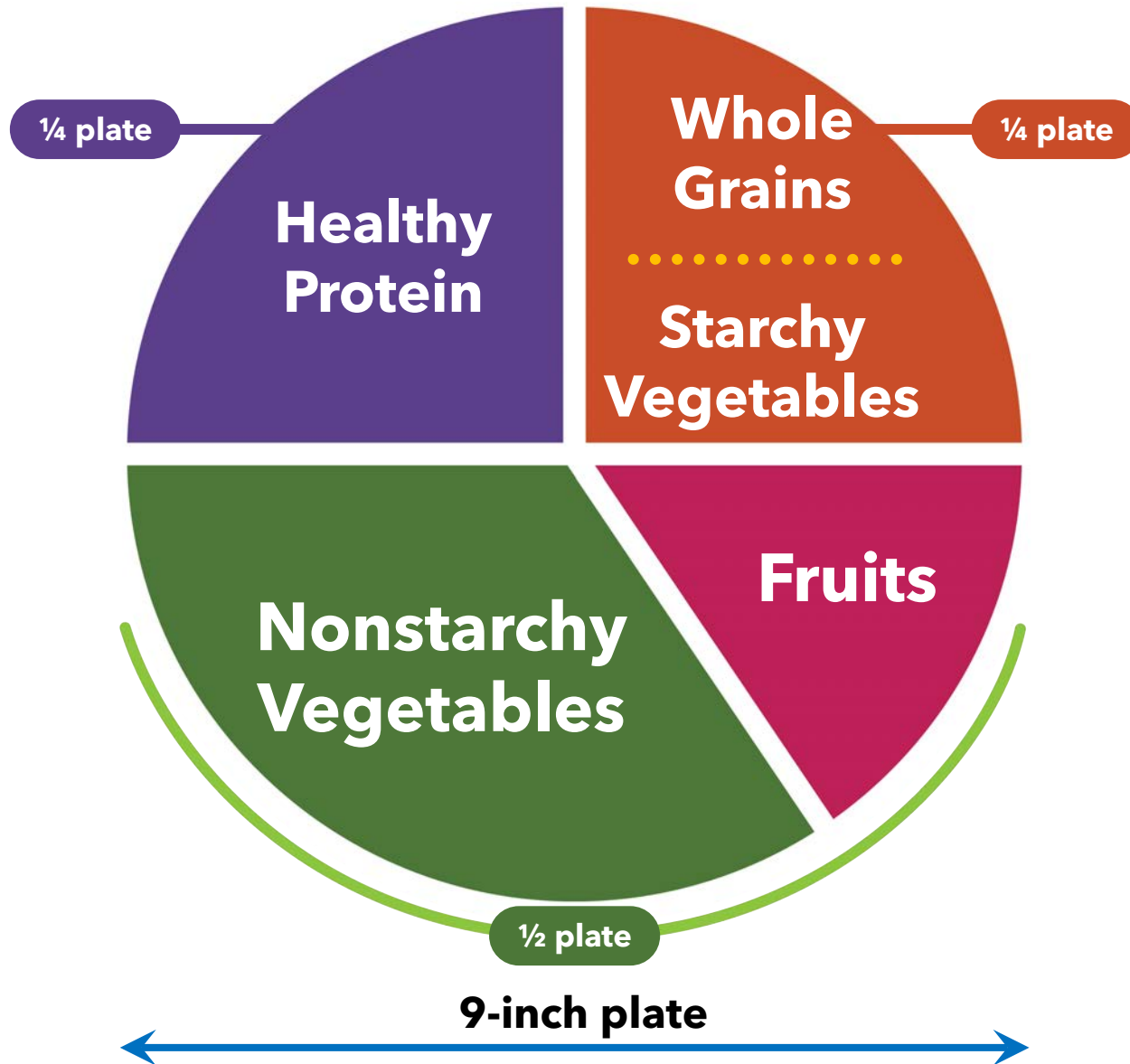
Complete the survey by clicking the link in the chat or scanning the QR code.



**SCAN ME**

# The Healthy Plate

Refer to the *Healthy Balance* book for recommended portions, healthy food ideas, and recipes.



Water



Healthy fat



Seasonings

# Nutrition Recommendation

## Sample Daily Eating Plan



Milk (soy or cow), 1 cup  
Quinoa, ½ cup  
Eggs, 2  
Fruits or  
Vegetables, 1 cup



Fish, 4 oz.  
Beans, ½ cup  
Mango ½ cup  
Vegetables, 1 cup  
Avocado, ¼



Yogurt, 1 cup  
Berries, 1 cup  
Nuts, 2 Tbsp

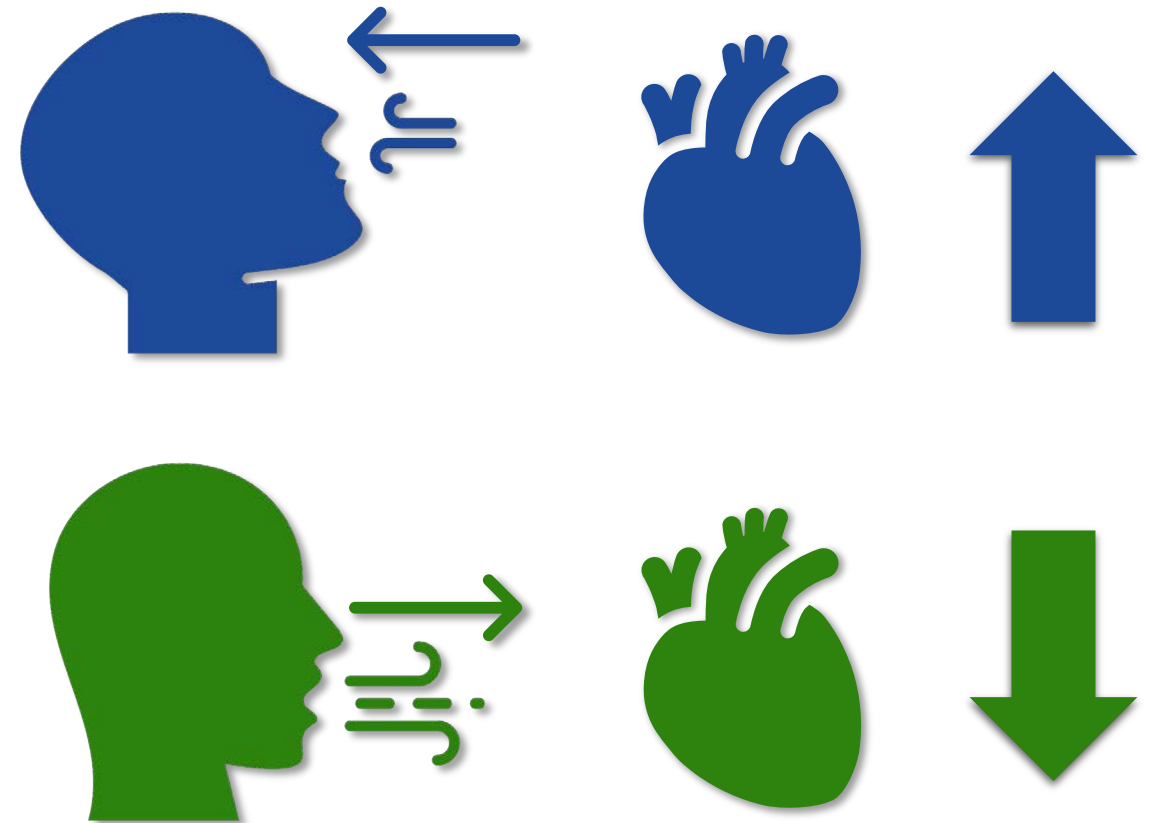


Tofu, 4 oz.  
Brown Rice, ½ cup  
Vegetables, 2 cups  
Sesame Seeds, 2 Tbsp

# Breathing and Thinking

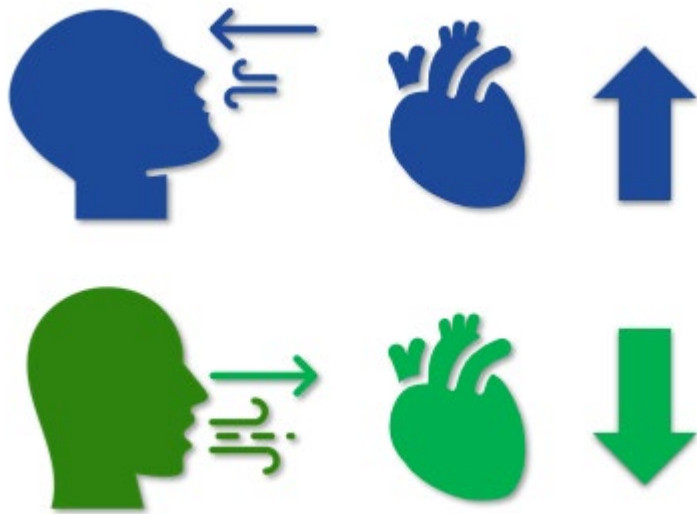
Small shifts in breathing affect thinking

- Heart rate increases with inhalation
- Heart rate decreases with exhalation
- Breathing slowly and deeply can cause a calming effect
  - These small shifts help calm your body and clear your mind



# Breathing Technique

## 4-7-8 Breathing



### How

**Step 1** - With your mouth closed, inhale through your nose to the count of four: 1 ... 2 ... 3 ... 4 ... Be sure to let your belly expand as you inhale

**Step 2** - Gently hold the air in your lungs to the count of seven

**Step 3** - Open your mouth slightly, and audibly with a whoosh sound (forcefully) exhale slowly through the mouth to the count of eight. Feel your belly get smaller as you do this

***Repeat steps 1-4 for 5 minutes***

### Why

Slows your heart rate and eases anxious thoughts